



Roasted Vegetables with Creamy Caesar Dip

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup caesar dressing
- ☐ 2 cups cauliflower florets
- ☐ 0.5 pound green beans
- ☐ 0.3 cup parmesan shredded
- ☐ 0.5 cup salad dressing
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 1 cup cream sour
- ☐ 1 tablespoon vegetable oil

☐ 1 medium bell pepper red yellow cut into strips

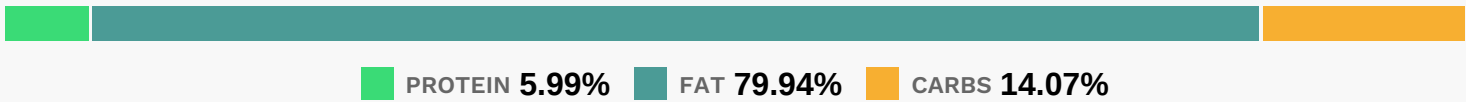
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In large bowl, mix sour cream, mayonnaise and Caesar dressing. Stir in cheese. Cover and refrigerate at least 30 minutes to blend flavors.
- ☐ Meanwhile, heat oven to 450°F. Spray jelly roll pan, 15 1/2x10 1/2x1 inch, with cooking spray.
- ☐ Place bell pepper, beans and cauliflower in pan.
- ☐ Drizzle oil over vegetables.
- ☐ Sprinkle with seasoned salt. Stir to coat.
- ☐ Bake uncovered 15 to 20 minutes or until vegetables are crisp-tender when pierced with fork. Arrange vegetables on serving plate.
- ☐ Serve warm with dip.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:8.5717390186113%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 218.11kcal (10.91%), Fat: 19.84g (30.52%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 6.38g (2.32%), Sugar: 4.41g (4.9%), Cholesterol: 24.82mg (8.27%), Sodium: 464.71mg (20.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Vitamin C: 43.17mg (52.32%), Vitamin K: 43.32µg (41.26%), Vitamin E: 1.41mg (9.4%), Calcium: 92.67mg (9.27%), Vitamin A: 439.16IU (8.78%), Folate: 29.71µg (7.43%), Phosphorus: 73.87mg (7.39%), Vitamin B6: 0.14mg (6.93%), Manganese: 0.13mg (6.57%), Vitamin B2: 0.11mg (6.37%), Potassium: 221.53mg (6.33%), Fiber: 1.47g (5.89%), Magnesium: 17.9mg (4.48%), Iron: 0.71mg (3.94%), Selenium: 2.66µg (3.8%), Vitamin B5: 0.38mg (3.78%), Vitamin B1: 0.05mg (3.42%), Copper: 0.06mg (2.79%), Vitamin B3: 0.53mg (2.64%), Zinc: 0.37mg (2.46%), Vitamin B12: 0.1µg (1.7%)